



PKAVS

*Mental Health
and Wellbeing Hub*

The Walled Garden and Wisecraft

Volunteering Opportunities

PKAVS Mental Health and Wellbeing Hub provides support and opportunities to people recovering from mental health and wellbeing issues.

Based across two service locations – Walled Garden in Perth City and Wisecraft in Blairgowrie – our Hub has a strong focus on client recovery, providing a service which is unique to Perth & Kinross.



Why not **volunteer** with us at
The Walled Garden in Perth or
Wisecraft in Blairgowrie?

We have a wide range of volunteering opportunities listed within this pack to support our clients within our Hub locations.

List of opportunities:

- Healthy Lifestyles Assistant
- Polish Translator
- Joinery/Woodwork Assistant
- General Assistant
- Gardening Assistant
- Creative Wellbeing Assistant
- Café Assistant

Process

- Complete Volunteer Application Form
- 2 Character References
- Brief Introduction meeting
- Set session times and dates

All of our volunteers will be put through the PVG scheme for the protection of vulnerable adults. All volunteers will receive support and the option of 1:1 sessions with a designated member of staff.

We ask for a minimum of 3 hours per week on set days for volunteers, but this can be flexible dependent on volunteers' requirements.

Volunteer Opportunity: **Healthy Lifestyles Assistant**

PKAVS Mental Health & Wellbeing Hub – Wisecraft and The Walled Garden

Address:

Wisecraft
10 Lower Mill Street
Blairgowrie, Perthshire
PH10 6NG

The Walled
Garden
Muirhall Road
Perth
PH2 7BH

Contact : Janice Paterson

Position : Recovery and Development Officer

e mail: janice.paterson@pkavs.org.uk

Web Site: www.pkavs.org.uk
www.vaperthshire.org

Telephone: 01250 874777(Wisecraft);
01738 631777(The Walled Garden)

About the Organisation: Wisecraft, Blairgowrie, and The Walled Garden, Perth comprise PKAVS Mental Health and Wellbeing Hub. The hub provides meaningful activities for clients experiencing a wide range of mental health issues and are going through a recovery process within a therapeutic and work based environment. These activity areas include our Cafe, Garden, Creative Wellbeing, Woodwork and Healthy Lifestyles. Volunteers are an essential support for all these activities, helping clients in developing their skills and self-confidence by sharing their skills and experience.

Opportunity: Sports / Outdoor activities in a mental health setting.

Opportunity Description: Our clients are at the heart of everything we do. Our walking group encourages clients to improve confidence and self-esteem, becoming more socially connected and enhancing their journey of recover. As a volunteer walk leader you will be knowledgeable about the benefits of walking and enjoy motivating people of all backgrounds, while being part of a team developing good relationships with our clients and contributing to their health and wellbeing, supporting them to improve their quality of life. You will identify, develop and risk assess walks in and around Perth & Kinross, supervise clients participating and encourage others to take part.

Where: Leading walks across a variety of locations throughtout Perth and Kinross.

Skills: You will be knowledgeable about the benefits of walking, be physically fit for your age and have a good sense of humour. You will be a good motivator and listener able to build good relationships with clients. A First Aid certificate and Paths For All Walk Leader creditation would be advantageous but training can be provided. Good local knowledge would be beneficial.

Restrictions: Over 16

Expenses: Volunteer expenses are available.

	AM	PM
Mon	✓	✓
Tue	✓	✓
Wed	✓	✓
Thu		
Fri	✓	✓

Requirement: Minimum of 3 hrs per week.

Child Care: No

Disabled Access: Partial

Disabled Toilets : Yes

Volunteer Opportunity: Polish Translator

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Opportunity: Working within a mental health setting providing our Polish clients support to engage in activities, and provide a translation service to help the clients communicate with staff and other members of the service.

Opportunity Description: As a Polish support work volunteer/ translator you will gain work experience in supporting Polish clients whom have been referred to our service. You will support the client to attend the service during their 4 week trial period, to help them feel more at ease and comfortable. You will be able to meet new people and support clients to engage in the activities within the premises. You will advocate on behalf of Polish speaking service users making sure staff and other clients understand their wishes. This will help the client to integrate into the service and improve their communication and language skills. In this role you may be requested to support English-speaking clients too.

Where: Wisecraft, in Blairgowrie and/or The Walled Garden, in Perth.

Skills: No previous experience is needed as we offer full induction and ongoing support. You should speak both fluent Polish and English and have very good listening and communication skills. Having an interest in mental health and wellbeing is also vital. You will be a supportive person and understand the recovery approach.

Restrictions: Over 16

Expenses: Travel expenses are available

Requirements: Fluent in Polish and English, reliable and friendly and enjoy working with adults aged 16+

Child Care: No

Disabled Toilets: Yes

Volunteer Opportunity: Joinery/Woodwork Assistant

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Opportunity: Supporting our clients to engage in joinery and woodworking activities under the supervision of our staff and within a mental health setting.

Opportunity Description: Wisecraft provides joinery and woodworking activities for our clients to support their journey of recovery. At the Wisecraft Joinery Workshop, supported by staff and volunteers, our clients create and repair furniture, garden pieces and small craft items. The activity provides a foundation for our clients to build self-confidence and to gain skills which may support their recovery and possibly lead to employment.

We have an exciting opportunity available for a Woodwork Assistant to join our team and help our clients. You will develop good relationships with clients, and provide support and guidance in the use of tools and equipment, under the direction of the joinery supervisor. It is desirable that you will have some DIY, woodwork and/or joinery skills.

Where: Wisecraft, Blairgowrie.

Skills: The role would require you to be a good listener with a pleasant personality and good sense of humour. You will be non judgemental, be able to provide support and encouragement and work well as part of a team. Knowledge of any aspect of joinery or woodwork is desirable but we can also provide some training.

Restrictions: Over 16

Expenses: Volunteer expenses are available.

	AM 9.30-12.30	PM 12.30-3.30
Mon	✓	✓
Tue	✓	✓
Wed	✓	✓
Thu	✓	✓

Requirement: Minimum 3 hours a week; flexible.

Child Care : No

Disabled Access: Partial

Disabled Toilets : Yes

Volunteer Opportunity: General Assistant

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Opportunity: Working within a Mental Health setting providing additional support to our activity areas.

Opportunity Description: This is a unique opportunity to volunteer in a mental health setting to engage with clients in a variety of activities. As a general assistant you will support the staff team to inspire and engage our clients to sample the activities provided within our premises or in the wider community. You will build positive relationships with clients and be supportive of them as they improve their skills and social interaction. You will also help the team to prepare for activities and maintain workspaces and equipment.

Where: Wisecraft, in Blairgowrie or The Walled Garden, in Perth.

Skills: You will have an interest in mental wellbeing and understand the recovery approach to support clients within the service. The role would require you to have a practical, positive ‘can-do’ attitude and good listening skills. Some experience or knowledge of creative arts, gardening, woodwork or healthy lifestyle choices would be beneficial but training can also be provided.

Restrictions: Over 16

Expenses: Volunteer expenses are available.

	AM 9.30-12.00	PM 12.30-3.30
Mon	✓	✓
Tue	✓	✓
Wed	✓	✓
Thu	✓	✓
Fri (Walled Garden Only)	✓	✓

Requirement: You will need to be reliable, friendly and enjoy working with people.

Child Care : No

Disabled Access: Partial

Disabled Toilets : Yes

Volunteer Opportunity: Gardening Assistant

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Opportunity: A wide variety of gardening activities within a mental health setting.

Opportunity Description: The Walled Garden provides gardening activities for our clients to support their journey of recovery. With support from our paid staff and volunteers they help to develop and maintain the garden grounds. Along with tended borders and plant cultivation we also grow vegetables, soft fruit, apples and pears for our cafe menu and for sale. No matter where your interest lies in gardening you may find new opportunities to broaden your skills and contribute to our developments.

Where: The Walled Garden is situated within the grounds of Murray Royal Hospital at Muirhall Road, Perth.

Skills: You will be a good listener with a pleasant personality and good sense of humour. The role would require you to be non judgemental, be able to provide support and encouragement and work well as part of a team. Knowledge of any aspect of gardening would be advantageous but we can also provide some training.

Restrictions: Over 16

Expenses: Volunteer expenses are available.

	AM 9.30-12.30	PM 12.30-3.30
Mon	✓	✓
Tue	✓	✓
Wed	✓	✓
Thu	✓	✓
Fri	✓	✓

Requirement: Minimum 3 hours a week; flexible

Child Care : No

Disabled Access: Partial

Disabled Toilets : Yes

Volunteer Opportunity: Creative Wellbeing Assistant

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Opportunity: Creative Wellbeing Activities within a mental health setting. We are looking for someone with creative ability that enjoys working with people from all backgrounds to help the adults who attend the service produce arts and crafts in a therapeutic environment.

Opportunity Description: Our clients are at the heart of everything we do. |As part of our Creative Wellbeing focus we are providing activities under the categories of **Arts and craft, Music, Performance/Drama and Creative Writing**. These are provided in a supported environment to help improve confidence and self-esteem, working with each individual towards their recovery and improved overall wellbeing. Our Creative Wellbeing activity area is a very social space and you will build trusting relationships with clients making them feel involved and engaged. As part of the team you will assist in the preparation of activities, inspiring clients to get involved. You will also assist the activity engagement workers in maintaining the workspace and materials used.

Where: Our Studio's are at Wisecraft in Blairgowrie or The Walled Garden in Perth.

Skills: The role would require you to be a good listener with a pleasant personality and good sense of humour. You will be non-judgemental, be able to provide support and encouragement and work well as part of a team with our Creative Wellbeing workers. Knowledge of any of our four arts areas would be beneficial but it is not required as some training can be provided however it's an excellent opportunity for you to showcase any specific skills and interests with a view to facilitating workshops if desired.

Restrictions: Over 16

Expenses: Volunteer expenses are available.

	AM 10 – 12.30	PM 1- 3.30
Mon	✓	✓
Tue	✓	✓
Wed	✓	✓
Thu	✓	✓
Fri		

Requirement: Minimum 3 hours a week; flexible.

Child Care : No

Disabled Access: Partial

Disabled Toilets : Yes

Volunteer Opportunity: Cafe Assistant

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Opportunity:

Working within our social enterprise cafe located at the Walled Garden, Muirhall Road, Perth.

Opportunity Description: We have an exciting opportunity for a volunteer to join our dynamic cafe team. Supervised by our chef, you can do all or some of the following:

- Help to prepare and serve hot and cold food, drinks and snacks to customers.
- Assist in general cleaning duties.
- Carry out general kitchen porter duties.
- Ensure that high levels of customer service and hygiene are maintained at all times.
- Undertake appropriate in-house training as agreed with the Chef.
- Work within a small team of volunteers and clients
- Be involved in cash handling and simple record keeping.
- Support clients to undertake the above tasks
- Be experienced and flexible for cover in chefs absence (this will still be under staff supervision)

The cafe currently holds the Healthy Living Award and has an extensive menu of healthy lunch options along with homemade cakes, bread and desserts.

Where: The Walled Garden Cafe, Perth.

Skills: We are looking for enthusiastic, hardworking volunteers who like working with food and people, and have or would like to gain experience working in the catering industry. Experience is desirable but not essential as full training will be provided.

Restrictions: Over 16.

Expenses: Volunteer expenses are available.

	AM (10-1)	PM (12-3)
Mon	✓	✓
Tue	✓	✓
Wed	✓	✓
Thu	✓	✓
Fri	✓	✓

Requirement:

You will need to be reliable, friendly and enjoy working with people.

Child Care :

No

Disabled Toilets :

Yes

